



PREGNANCY PREVENTION INTERVENTION IMPLEMENTATION REPORT

- Intervention Name:** *¡Cuidate!* (Take Care of Yourself)
- Developer:** Antonia M. Villarruel, PhD, RN, FAAN; Loretta Sweet Jemmott, PhD, RN, FAAN; John B. Jemmott III, PhD
- Program Description:** “*¡Cuidate!* (Take Care of Yourself)” is a culturally tailored program for Latino youth adapted from the *Be Proud! Be Responsible!* program. It aims to reduce HIV risk and unintended pregnancies by affecting sexual behaviors such as intercourse, number of partners, and condom use. The program utilizes important cultural beliefs and attitudes in the Latino community (such as familialism and machismo) to communicate the importance of risk-reduction strategies and to increase knowledge and self-efficacy skills.

Component 1: Community Curriculum

The program consists of six modules of 60 minutes each, delivered over a two-day period in small groups of 6–10 youths. The modules are conducted by trained adult facilitators who are bilingual in English and Spanish. The program has been implemented in an after-school setting on consecutive weekends, but could be delivered in other settings, such as community-based organizations. *¡Cuidate!* is delivered through role-play, group discussions, games, videos, and demonstrations.

- Target Population:** Available information describes the target population as Latino youth, ages 13 to 18, recruited from community-based organizations or schools.
- Curriculum Materials:** The curriculum package consists of manuals for facilitators; a DVD containing electronic materials, such as handouts, games and activities; an audio CD; and posters. It is available in English or Spanish and includes the Facilitator’s Curriculum, Implementation Manual, and Training of Facilitator’s Manual. Curriculum materials are available at <http://selectmedia.org/customer-service/evidence-based-curricula/cuidate/>. 
- Training and TA:** A Training of Facilitator’s Manual is available at Select Media (<http://selectmedia.org/customer-service/evidence-based-curricula/cuidate/> ). Additionally, a 2.5-day training is available for facilitators or program staff on intervention objectives, resource needs, and how to conduct the program.

Research Evidence¹

Study Citation:	Villarruel, A. M., Jemmott, J. B., & Jemmott, L. S. A randomized controlled trial testing an HIV prevention intervention for Latino youth. (2006). <i>Archives of Pediatrics & Adolescent Medicine</i> , 160(8), 772–777.
Population Evaluated:	Latino adolescents recruited from high schools and community-based organizations <ul style="list-style-type: none">• Age ranges from 13 to 18 years• 55% female and 45% male
Setting:	Saturday program serving neighborhoods in Philadelphia, PA
Study Findings:	Based on an average of the 3-, 6-, and 12-month follow-ups: adolescents participating in the intervention were significantly less likely to report having had sexual intercourse in the previous 3 months, and to report two or more partners in the previous 3 months.

¹ This summary of evidence is limited to studies of the intervention meeting the inclusion criteria and evidence standards for the Pregnancy Prevention Research Evidence Review. Findings from these studies include only those showing a statistically significant positive impact on sexual risk behavior or its health consequences. Studies may present other positive findings beyond those described; however, they were not considered as evidence for effectiveness because they focused on non-priority outcomes or subgroups, did not meet baseline equivalence requirements, or were based on follow-up data with high sample attrition. For additional details on the review process and standards, see the review's Technical Documentation.